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ABSTRACT

This booklet, which describes federal food assistance programs, is designed to help large families, families on small budgets, and elderly people on fixed incomes get more food for less money. The book is divided into four chapters: Kids, Women and Children, Families, and Senior Citizens. Each chapter describes in detail the food assistance programs available, and provides explicit information on how the programs work, who is eligible, and how and where to apply. Appendices contain school lunch and breakfast guidelines, a sample application form, and addresses of community groups and advocacy organizations which can be contacted for additional information on federal food assistance programs. (CS)

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Farmers get farm subsidies;

People get food subsidies...

April, 1974

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PREFACE

This book is to help people get more food for less money. It's written for large families, families on small budgets and elderly people on fixed incomes. It's about federal food assistance programs.

For the most part these are NOT welfare programs. They were designed to ease the burden of times like these, when food prices keep going higher and higher and it's hard to tell what to cut back next. The government says even middle income families---families making up to $10,000 a year---are entitled by law to use some of these programs. Most are paid for out of a family's tax dollar...so like any good investment there should be a return on that dollar.

The food industry benefits from your taxes. So should you. The federal government pays subsidies for large farms and the agribusiness corporations which, in turn, charge higher food prices. On a smaller scale the government subsidizes food assistance to families.

Save money. This handbook can help families do just that...

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SCHOOL LUNCH

About the program:

The National School Lunch Program was started in 1946 by an Act of Congress. That act provided money for school lunches for children. Every school lunch is a "welfare lunch" because every school meal is subsidized by the federal government. (Even if a school child's father is a millionaire the federal government pays 10.5¢ in cash plus an average of 7¢ or 8¢ in donated commodities for every single school lunch served.)

Your child's school, if it serves lunch, is bound by law to provide a balanced, nutritious, Type A lunch.

The law also says that children of families with unusually high expenses have a right to receive a reduced cost or free lunch if paying the full price for a lunch is too much of a financial burden. With the rising cost of food, families with tight budgets should not let this opportunity to get more food for less money pass by.

How it works:

Through the United States Department of Agriculture (USDA), the federal government administers the laws and regulations which control how the program runs. The federal government provides both cash and donated commodity foods.

Each state must administer the program according to the USDA regulations. The state also distributes the money from the federal government to the local schools to pay for every meal served.

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Each school is responsible for publicizing free and reduced price meals and for following the national eligibility standards.

Children eating reduced price or free meals can not be required to work for their meals or eat in a separate room or eat a different meal. They can not be made to stand in a separate line or be given a different lunch token. They will not be identified in any way...

Who is eligible?

A family of four earning $7440 a year should be able to get reduced price meals for their children at 20¢ or less. Free meals are given to children from families under the national income eligibility scale.

If a families' budget is tight, chances are they may be within the income scale shown in Appendix A. Families with an income listed in Appendix A are eligible for a reduced or free lunch.

How to apply:

Get an application form from the school. The application should be a self-certification form asking for (1) income: yearly, monthly or weekly income before deductions, (2) family size, (3) names of children in school, and (4) the signature of a parent or guardian. That is all!

Where to apply:

The completed application should be sent to the school principal. The school must reply within five days. If your income

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is under the guidelines the school must approve and serve meals immediately. If one child in a family is accepted to eat for reduced cost or free, all children in that family must be allowed to eat free or at a reduced price.

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SCHOOL BREAKFAST

About the Program:

The Child Nutrition Act of 1966 started the National School Breakfast Program. The program was expanded late and made available to all schools.

Like the National School Lunch Program, the breakfast program is to provide free breakfasts to children below the poverty line. Families whose budgets are tight should be able to get reduced price breakfasts for their children.

As in the school lunch program there are nutritional standards set by law which participating schools must follow. Children who have the opportunity to participate in both programs are guaranteed that they will receive 2/3 of their daily nutritional needs. In some communities, unlike the lunch program, breakfast may be run by a church or community action agency. Your school should know.

The breakfast program is a great help for families in which both parents are working, families in which the mother must work, or children who must travel long distances to school.

How it works:

The breakfast program is also administered by the Food and Nutrition services of the United States Department of Agriculture. Cash and commodities are provided to reimburse schools for every breakfast served. No breakfast should cost more than 20¢.

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Local schools or churches or community groups which run a breakfast program must see that children eligible for reduced price or free breakfasts are receiving them and that their rights are protected. As in the lunch program, children can not be identified, be discriminated against or be forced to work for their meals.

Who is eligible?

Children who are eligible for a reduced cost or free lunch are automatically eligible for a reduced price or free breakfast. The income scales are the same as those for the lunch program. See Appendix A.

How to apply:

To apply for reduced cost or free breakfast, if your school serves breakfast, families should request an application form from the school principal. A self-certification form like the one shown in Appendix B is also usable. Remember, all that is needed is income and family size and the signature of a parent or guardian.

When the application is approved students should start receiving breakfast immediately. Also, as with the lunch program, you have the right to question a school and to appeal a school's decision. Your school district must have an appeals procedure.

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SUMMER F. .DING PROGRAM

About the program:

The summer feeding program was authorized in 1968 as part of the Special Food Services Program for children. It is intended to provide school children with nutritious food during summer vacation.

Summer feeding programs serve children from areas in which there are many working mothers or in neighborhoods where poor economic conditions exist. Meals similar to those served during the school year are served to children participating in summer recreation programs.

How it works:

Organizations such as community action groups, city governments, recreation departments, schools, housing authorities, churches, neighborhood centers, YW/YMCA's, welfare groups, etc., which run a summer recreation program are eligible to sponsor summer feeding programs. They are responsible for preparing and serving meals (or hiring a catering service), record keeping, hiring food workers, etc.

Payment for meals served in the summer is made by USDA to sponsors as reimbursement for every meal served. Each month the sponsoring organization files a claim with USDA which states the number of reduced price, free and paid meals served.

The meals served in the summer program must meet USDA requirements.

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Who is eligible?

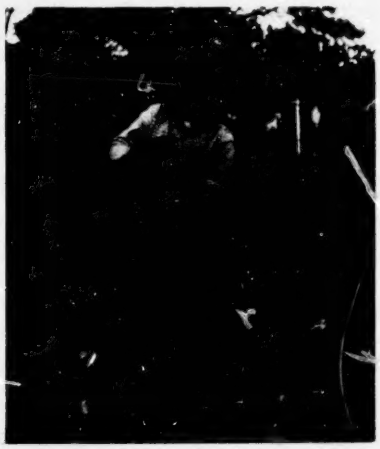
Any young person up to 21 years old can receive a free or reduced price lunch and supplemental meals if their family income is within the income eligibility guidelines. Those guidelines should be the same as those used for the school lunch program (see Appendix A). If a child is eligible for free or reduced price meals in school, he should also be eligible for a free or reduced price meal in the summer program.

How to apply:

Get an application from the summer program director. The application should be self-certification form asking for (1) income: yearly, monthly or weekly, (2) family size, (3) names of the children participating in program, and (4) the signature of a parent or guardian.

Where to apply:

The self-certification form should be turned in to the director of the summer program. If a child eats a free or reduced price meal at school, s/he should be accepted immediately to do so during the summer.



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SPECIAL FOOD SERVICE FOR CHILDREN

About the program:

The special food service program for children was started in 1968 to provide food to child care centers. It is commonly know as the "Vanik" program because Congressman Vanik of Ohio wrote the law.

The program makes cash and commodity assistance available to day care centers, Head Start centers, child care institutions, settlement houses, and recreation centers. The money is used to provide meals (reduced price and free) to children attending the centers. Snacks are also reimbursed.

Money for kitchen equipment called Non-Food Assistance, is also available to centers to help purchase or rent equipment needed to prepare and serve food to the children.

How it works:

Special Food Service Program for Children is open to any non-profit, non-residential service institution for children. Centers have to be approved for food assistance (cash and commodities) by USDA before they can serve federally supported meals.

USDA administers the laws and regulations which control how the program runs. Centers which draw attendance from areas where there are many working mothers or where poor economic conditions exist are given priority for assistance.

In some states the centers work directly with USDA. In other states, the state officials distribute the money and the food to the local centers.

A center must offer free and reduced price meals to children who are eligible. The policy must be published in a local newspaper. Free milk must be made available to children who are eligible for free meals.

Who is eligible?

Any child who attends a day care center, Head Start center, etc., and whose parents' annual, monthly or weekly income is within the income eligibility guidelines as specified by the center is eligible to receive a reduced price or free meal or free milk. Generally the income guidelines will be the same as those shown in Appendix A.

How to apply:

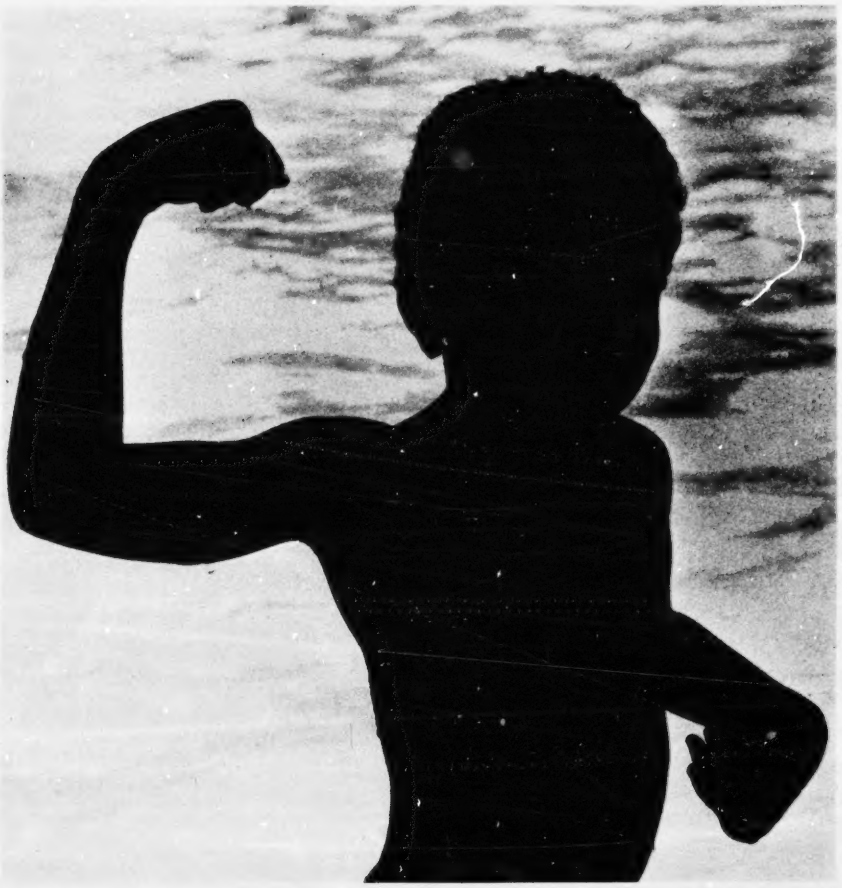
Get an application from the center. The form should be a self-certification form asking for (1) income: yearly, monthly or weekly before deductions, (2) family size, (3) names of the children in school, and (4) the signature of a parent or guardian. That is all!

Some centers certify children automatically when they start to attend the center.

Where to apply:

The completed application should be given to the director of the center. If a family's income is under the center's guidelines the child must be approved immediately for reduced price or free meals. If one child in a family is eligible to eat a free meal at school then every sibling of the child in the day care center should be allowed to eat free.

If a day care center or Head Start center, etc., does not participate in the SFSPFC, contact The Children's Foundation for information on how it can participate.



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SUPPLEMENTAL FEEDING PROGRAM

About the program:

The Supplemental Food Program like WIC is a food and nutrition program for infants, mothers to be and new mothers. Sometimes children one to six are also eligible. There are Supplemental Programs in 238 counties in the country. The Department of Agriculture provides highly nutritious foods to local organizations in these 238 counties. The local organizations set up neighborhood distribution centers. The foods of the Supplemental Program help provide good diets for pregnant and nursing mothers, infants, and small children.

How the programs works:

Participants go to a neighborhood clinic or center once or twice a month to pick up the food. At the center, supplemental food program staff, doctors, nurses and nutritionists are able to talk with you about what is best to eat, and answer questions about how to prepare the foods. The food ususally received includes evaporated and nonfat dry milk, canned vegetables, iron-fortified cereal, peanut butter, fruit juice and canned meats.

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Who is eligible:

You can participate in the Supplemental Program if you are pregnant or have had a baby in the last 12 months. Your baby, and in most programs, your children one to six years old can participate also.

You are eligible if you have a medicaid card or if you receive public assistance. Eligibility does not depend on your participating in another food program.

How to apply:

First of all, call the local health department or a health clinic in your neighborhood to see if there is a Supplemental Program in your county.

A doctor, nurse or nutritionist certifies people for the Supplemental Program. If there is a program in your county, and you are interested in participating ask the health department or clinic where you should go to get certified. The doctor, nurse or nutritionist will simply ask you about your diet.

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WIC--THE SPECIAL SUPPLEMENTAL FOOD PROGRAM FOR WOMEN, INFANTS AND CHILDREN

About the program:

WIC is a special food program for pregnant women, nursing mothers, and children under the age of four who have a limited income.

WIC is preventive nutrition, a way of stopping problems before they start. Babies, women who are expecting or nursing, and little children have big problems if they don't have enough of the right food to eat.

WIC provides that food. Mothers and children over one in the program receive monthly allotments of:

31 qts. of milk (cheese may be substituted, one pound for every three quarts.)

6-12 oz. cans of frozen fruit juice

4 (8 oz.) packages of cereal

Babies receive.

31 cans of iron-fortified infant formula (13 oz. concentrated)

15 (4 oz.) cans of infant juice

3 (8 oz.) packages of infant cereal

WIC food is extra food. It won't cut down a mother's Food Stamp bonus or keep a toddler out of a day care meal program.

Who can apply?

To qualify for WIC you must first of all live in an "approved area" and be served by a WIC clinic. Since WIC is still a pilot program not every clinic or neighborhood is approved. WIC operates in about 200 cities and counties in 45 states. You can find out whether you live in a WIC program "approved area" by contacting the local public health department.

Second you must be:

Expecting a baby

or

Nursing a baby

or

Within 6 weeks of having delivered a baby

or

Under the age of four.

Finally, you must qualify for free or reduced cost medical care and be certified by a medical person as needing extra food.

How the program works:

At the national level WIC is sponsored by the U.S. Department of Agriculture. At the state and local level it is run by state health departments and various public and private health clinics. Sometimes community organizations and Community Action Agencies cooperate with clinics in doing publicity, nutrition education, etc.

WIC comes in different packages. Some places it's vouchers. WIC vouchers are like food stamps but good for only milk, cheese, formula, etc.

WIC may be food checks, like travelers checks, which have a double signature. Other places, especially in rural areas, it's a food warehouse. In still other places it's a more complicated network of vouchers or food checks and home-delivered foods.

To join WIC, go to a participating WIC clinic and ask to be certified. You may see a nutritionist who will ask you to try to recall what you had to eat the day before. Or a doctor may ask you what you had to eat the day before. Since prevention is the goal you don't have to be anemic or vitamin-deficient to qualify. If you're feeling fine, WIC will help keep you that way.

FOOD DISTRIBUTION PROGRAM (commodities)

About the program:

The Food Distribution Program is the oldest federally-operated food assistance program. Under the program the federal government provides donated commodities to state governments for distribution to needy families. The foods are free to eligible families and include such items as flour, peanut butter and shortening.

Because surplus foods are no longer in large supply, new legislation requires that almost all counties in the country start to operate a food stamp program instead of a food distribution program by July 1, 1974. At that time food distribution programs will end in all but a few counties and on some Indian reservations.

How the program works:

At the federal level, the Department of Agriculture decides what food will be available and how much will go to each state. At the state level a food distribution office fixes the income eligibility levels and distributes the food to local warehouses. This office may be in the state welfare department, the education department or the department that deals with farm programs. County welfare offices certify people for the program and oversee the distribution of food to families from the warehouse.

Each local county, township or reservation stores food for the program in a local warehouse. In some areas, the warehouse is set up like a store with the food on shelves. Other localities put the items together in a family package. Sometimes a county or reservation may have a delivery service that brings the food to families in the program.

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A number of Indian reservations operate a food distribution program themselves. In this case, the food comes directly from the Department of Agriculture and the tribal agency certifies people for the program.

Who can apply?

Eligibility standards for the program are usually the same as eligibility for public assistance. These standards are set by each state government and information about them is available from the local welfare office. Usually a person or family eligible for public assistance is automatically eligible for the food distribution program.

How to apply:

Contact the local welfare office to find out whether the food distribution program still operates in the county. Indian families on reservations should check with their tribal council. Each state or reservation has its own application forms and procedures.

THE FOOD STAMP PROGRAM

About the program:

Food stamps are coupons which households buy from the government at a large discount and then spend like cash at grocery stores. They are a way for a large family or household with limited income to stretch its food budget. The number of food stamps a household can get is based on the size of the household. The amount the household pays for food stamps is based on the whole household's income after certain deductions. Households with no current income or with large deductions can get food stamps free.

Food stamps are good at any grocery store, supermaket or food coop that accepts them. Most stores accept food stamps because the purchases increase their total business. Food stamps can be used to buy any food except pet food and can even be used to buy seeds or plants to produce food. They can be used for home-delivered meals ("meals on wheels") and group meals for the elderly ("Nutrition Program for the Elderly"). They cannot be used to buy such non-food items as alcohol, tobacco, soap and paper products.

Laws and regulations for the Food Stamp Program are controlled by the Department of Agriculture. The program must be operated by the same laws throughout the country. The rights of food stamp participants are protected by strong federal laws. These

rights include: the right to a quick decision on a family's application for food stamps; the right to receive food stamps as soon as a family moves into a new area; the right to a fair hearing if the household disagrees with a decision of the local food stamp office. People also have the human right to be treated with respect at the food stamp office and grocery stores.

State government food stamp offices prepare yearly plans for the operation of the program in all their cities and counties. Local social services departments or food stamp offices certify people for the programs. Stamps are sold to certified households at banks, post offices or local food stamp offices, depending on the state arrangement.

Who can apply?

People do not have to be unemployed or on welfare to be eligible for food stamps. Many working families on tight budgets can qualify, as can students and workers out on strike. The chart on the following page shows the net income eligibility limits (after monthly income deductions) for different sized households.

If a household has a gross monthly income before deductions of $100 a month or more above the net income listed in Column 4, they still can be eligible for stamps. This is because a household can subtract as deductions from their gross income such things as taxes paid, high medical bills, payments for child care, education expenses, utilities costs, and high rent or mortage payments.

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This Food Stamp Chart will change July 1, 1974. For the new, higher chart see Appendix C.

INCOME ELIGIBILITY SCALE FOR FAMILIES ELIGIBLE TO RECEIVE FOOD STAMPS

Column 1	Column 2	Column 3	Column 4
Household Size	Income Limits After Deductions	Monthly Stamp Allotment	Maximum charge for Stamps (minimum is $0)
1	$183	$42	$32
2	$260	$78	$58
3	$373	$112	$84
4	$473	$142	$118
5	$560	$168	$140
6	$646	$194	$164
7	$726	$218	$182
8	$806	$242	$202
9	$873	$262	$218
10	$940	$282	$234
11	$1007	$302	$250
12	$1074	$322	$266

How to use the chart: The first column gives the size of the family.

Next to it in column 2 are the top income eligibility guidelines. Remember that this is income after deductions, so a family can make more than this and still be eligible.

Column 3 shows how much in stamps each sized household is alloted every month.

Column 4 shows the maximum amount households of different sizes pay each month for their stamps. Remember, that if the household's income after deductions is below the figure in column 2, they will pay less for the same amount of stamps. Some households will get stamps free.

Some large resources make a household ineligible for food stamps. These include savings, money from insurance settlements, inheritances, prizes and awards, or any other large lump sum of money received all at once. A household can have up to $1,500 in these kinds of resources, though and still be eligible. Elderly people can have up to $3,000 per household.

Resources that do not keep a household from being eligible are: the family's house and lot, one car, personal belongings and household goods, income producing property such as farm land, stocks or a business, or anything belonging to a roomer or boarder. (A roomer or boarder may be a family member if s/he doesn't share all her/his income with the family.)

How to apply:

Welfare households are automatically eligible and should apply through the local welfare office. All other households including elderly people in the SSI program should apply at the Food Stamp Office. It is usually listed in the phone book under the Department of Social Services or some similar title.

The household head must call and make an appointment for an interview at the food stamp office. At the interview s/he must fill out an application and show proof of present income. The Food Stamp Office may also ask to see receipts for rent, medical expenses or other things the household plans to deduct from gross income. Some members of the family, if they are between 18 and 65, able-bodied and not caring for children, may be asked to register for work if they are unemployed.

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Once a household calls for an appointment, the Food Stamp Office has 30 days to hold the interview and act on the application. If they take longer they are breaking the law. Once a household has been certified for the program they will receive an identification card and then each month an "authorization-to-purchase" card. The ATP card shows how many stamps the family receives and how much, if anything, they will pay. If it is more convenient the household can purchase only part of its monthly allotment at a time.

FEDERAL NUTRITION PROGRAMS FOR THE ELDERLY

About the program:

Since the Nutrition Program for the Elderly recently became law it may or may not be operating in your community. The best place to go or call to check to see if such a feeding program exists in a community is the Commission on Aging. (It is usually listed in the local phone book under city or county offices.)

The Nutrition Program for the Elderly, Title VII of the Older Americans Act (P.L. 92-128), is a program designed to provide older Americans, particularly those who live on a very tight or fixed budget, with nutritionally sound meals.

This is the only federal feeding program specifically for the aged. Since it is new and money which has been alloted to the program from the federal government has not been totally committed, there is room for many communities to get money to start operating a feeding program. Senior citizens groups can work to get a program in a community.

How it works:

Locations for group meals are set up in various parts of the community convenient for people to reach. The sites must serve at least one meal a day, five days a week. Exceptions may be made in rural, sparsely populated areas.

Centers for meals are bound by law to provide services as well. Those services should include: social services, recreational services, nutrition education and shopping assistance. Also transportation to and from the center should be provided.

For those who may become ill or are homebound the center must make provisions to deliver meals directly to persons at home, like "meals on wheels".

Participants should be involved in the running of the program. That can include planning the meals, the hours of operation and the decoration. The law also states that participants should be considered for employment first if there are jobs available.

Who is eligible?

Anyone over 60 years of age and his/her spouse are eligible to participate in the program. Meals are served free. If one wants to make a contribution towards the meal, money will be accepted, but no one can be forced to pay for singular meals! That is the law!

How to apply:

No application is needed to participate in the program, if there is a program in a community. No one will be asked to prove their income or age.

People interested in participating in the program should contact either their local church, United Fund or County Office on the Aging. Any of these offices should know if a nutrition program exists in the community.

There are other feeding programs, not sponsored by the federal government, which may be available in a community.

Meals on Wheels: These are generally run by church groups and other volunteer groups. A local church or welfare office should know.

United Fund: In some communities the United Fund agency has made money available to groups to start elderly feeding programs. Contact the United Fund Agency and ask them if any programs are administered or funded by UF in the community or a nearby community.

Supplemental Security Income: Persons who receive SSI are eligible for free food stamps. The program is administered by the Social Security Office. Contact the Social Security Office in your community for more information.

These programs vary from state to state and community to community. Nonetheless that is no reason not to ask your community to start a feeding program if none exists.

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APPENDIX A: School Lunch and School Breakfast

INCOME ELIGIBILITY GUIDELINES FOR FREE AND REDUCED PRICE MEALS

FREE MEALS

Family Size	Income (yearly) basic guideline	25% higher *
1	$2190	$2740
2	$2880	$3600
3	$3570	$4460
4	$4250	$5310
5	$4880	$6100
6	$5510	$6890
7	$6080	$7600
8	$6650	$8310
9	$7170	$8960
10	$7680	$9600
For each additional family member add	$ 510	$ 640

*some states do not use this higher scale, if your state doesn't use it try to get them to do so.

INCOME ELIGIBILITY FOR REDUCED PRICE MEALS (lunch for 20¢ or less, breakfast 10¢ or less)

Family Size	Income (yearly)	75% higher*
1	$3280	$3830
2	$4320	$5040
3	$5360	$6250
4	$6380	$7440
5	$7320	$8540
6	$8260	$9640
7	$9120	$10,640
8	$9980	$11,640
9	$10,750	$12,550
10	$11,520	$13,440
For each additional family member add	$ 640	$ 890

*states have the option to use this high scale. 13 states still do not use it. If your state is one of them urge them to go to the higher scale.

APPENDIX B

Sample self-certification application form:

PARENTS: Do your children qualify for free or reduced price meals? Check the eligibility scales. Fill out this form and return it to the school office...

Names and grades of children for whom the application is made:

_____

_____

_____

Total number in family____

Family Income Total: Before deductions (including wages of all working members, welfare payments, pension, social security and all other income.)

Fill out one: Yearly $_____
or
Monthly $____
or
Weekly $_____

I hereby certify that all of the above information is true and correct to the best of my information and belief. _____
Signature of Adult Family member

Name of parent or guardian_____
Address_____

Foster children sometimes are eligible for reduced price meals regardless of your family income. If you have foster children living with your and you wish to apply for such meals please check here: _____

If your gross family income is more than the amount listed on the attached family income scale and you wish to apply under hardship conditions (high rent being more than 30% of income, diaster or casualty losses, special educational expenses) describe them below:_____

The school must answer you and must also tell you how to appeal their decision if it is not in your favor and you feel it should be so.

APPENDIX C: Food Stamp Eligibility Scale, Purchase Price and Monthly Allottment (after July 1, 1974)

HOUSEHOLD SIZE	NEW ALLOTMENTS	NEW INCOME LIMITS
1	$ 46	$ 194
2	82	273
3	118	393
4	150	500
5	178	593
6	204	680
7	230	767
8	256	853

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WHERE TO GO FOR HELP:

The Children's Foundation
1028 Connecticut Ave., N.W.
Suite 614
Washington, D.C. 20036
(202) 296-4451

or

52 Fairlie Street
Atlanta Georgia 30303
(404) 525-1984

or

722 Commodore Perry Bldg.
Austin, Texas 78701
(512) 477-4205

(The Children's Foundation is a nonprofit anti-hunger and advocacy group. It monitors federal food programs and offers technical and community organizing assistance to community groups, parents groups and organizations interested in any of the food and child nutrition programs mentioned in this book...C.F. also sponsors Food Rights Committees. If you need help or information contact: Linda Regele-Sinclair at the D.C. number or Oleta Garrett Fitzgerald in Atlanta.)

Community Nutrition Institution
1910 K Street N.W.
Washington, D.C. 20036
(202) 833-1730

(The Community Nutrition Institute is a nonprofit organization whose major function is producing a weekly newsletter which is excellent for monitoring federal feeding programs. Contact Bob Greenstein about the food stamp and summer food programs.)

Food, Research and Action Center
25 West 43rd Street
New York, New York 10036
(212) 354-7866

(Food, Research and Action Center is a nonprofit organization which provides legal assistance to organizations and groups concerned with the federal food assistance programs. Contact anyone there particularly about law suits, food stamps and programs for the elderly.)

Center for Science in the Public Interest
1779 Church Street, N.W.
Washington, D.C. 20036
(202) 332-6000

(The Center for Science in the Public Interest publishes a bi-weekly newsletter called, "Nutrition Action". They also have published short booklets on buying and preparing nutritious food. Of interest is a short book by Mike Jacobson entitled, Nutrition Scoreboard.)

Senate Select Committee on Nutrition and Human Needs
U. S. Senate
Washington, D.C. 20250
(202) 225-7326

(The Senate Select Committee on Nutrition and Human Needs is chaired by Senator George McGovern. The committee is a major force in preparing legislation and holding hearings in favor of enlarging federal support to food assistance programs.)

National Child Nutrition Project
301 George Street
New Brunswick, New Jersey 08901
(201) 846-1161

(The National Child Nutrition Project is an O.E.O. project which sponsors Hunger Task Forces in ten cities around the country. The HTF organize community support and participation in the various federal food assistance programs. If you are interested in knowing more about the HTF's, contact Lew Straus at the above number,)

National Consumers Congress
1346 Connecticut Ave., N.W. Rm. 425
Washington, D.C. 20036
(202) 833-9704

(The National Consumers Congress is an organization of 21,000 members across the country fighting for fair prices in supermarkets, with public utilities, etc. Contact Aileen Gorman to find out how to join and how to subscribe to their newsletter.)

CONCLUSION

Food assistance programs help make a family's food dollars go farther. But they don't fight high food prices.

Organized food rights committees, informed consumers, family planning for food buying can counter high profit making food corporations. A number of national organizations like the National Consumers Congress, which helped to organize the meat boycott, are working to bring food prices down.

Join us. Write today for more infomation.

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For food program help or free fact sheets and booklets or more copies of this handbook call or write:

The Children's Foundation
1028 Connecticut Ave. N.W.
Suite 614
Washington, D.C. 20036
(202) 496-4451

or

The Children's Foundation
52 Fairlie St.,N.W. Suite 100
Atlanta, Georgia 30303
(404) 525-1984

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April, 1974

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Jim Bensfield---------- " 25

Congress made all these food assistance programs available to people to help stretch a family's food dollar. These food programs guarantee rights to food assistance. Sometimes, local officials are more concerned about paper work than people's rights. If you have any questions or problems with the programs, call or write us and let us know.

How do the food programs in your community operate? Are the officials friendly and helpful? Can you apply quickly and easily? Write us and tell us what is happening in your community...

The Children's Foundation
1028 Connecticut Ave., N.W.
Suite 614
Washington, D.C. 20036

(202) 296-4451

April, 1974

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